



WHAT constitutes the gravest menace to our present day civilization? The amazing truth strikes one full in the face—our prospective fathers and mothers are not fitted for Parenthood.

Let the doubtful one visit even one of the hundred thousand hospitals and sanitariums for sickly, helpless children; let him look at these innocent little ones forced to begin life with weak, anaemic bodies, undernourished, deformed limbs and defective brains. What person, with a single grain of pity in his heart, can look upon these pale, tortured faces and crooked, deformed bodies without being angered and enraged at the stupidity, ignorance and indifference that has allowed this crime against posterity to undermine the very foundations of Society?

THE MODERN MENACE

The bearing of helpless, innocent little children, by physically deficient mothers and devianized fathers, is indeed The Modern Menace which, unless successfully attacked, will drag us down to destruction. Like begets Like; you cannot build a superior being out of inferior material.

Look at the average man who possibly within the next five years will take on the responsibilities of Parenthood. Is he strong, vigorous, virile, with clean skin and clear eyes, a real red-blooded man, enjoying sound digestion and quiet nerves? NO! Nine cases out of ten he is a weak, stoop-shouldered, shambling apology for a man with blotchy or sallow, pimply skin, bleary eyes and a hang-dog attitude. Ambition and manliness are almost totally lacking as a result of impaired body functions or the practise of devitalizing habits.

AN IMITATION OF A MAN

How can such a man dare to look any clean, honest woman in the face and ask her to be his bride? How dare he pass on to his innocent children the besmirching results of deficient manhood, the heritage of impure, tainted blood? What excuse can he give his wife and the mother of his children for these weak, undersized creatures, doomed to be a burden to themselves and friends? She believed that he was a Prince among men, that he was the acme of

vigorous manhood. How can he explain at the bitter awakening, when she realizes that her offsprings are defective: that her life is wasted, through having mistaken this imitation for a real man?

What can such a father tell his children when they arrive at an age of reason and find that they are not normal physically? How can he look into their questioning eyes and tell them the whole truth? What will their answer be?

Any parent who consciously or unconsciously passes on to his children and their mother the monstrous effects of immoral living is worse than the greatest criminal. He is not fit to live. He should be horsewhipped for looking at any pure woman with the Eyes of Love. Such a creature should be driven out far on the desert wastes, beyond the pale of civilization and be forced to live and die—with "Birds of his own Feather."

BROUGHT BACK TO NORMAL

The STRONGFORT method will rebuild and revitalize worn out and weakened men and women; it will show them how to become normal in every way so that they may pass on to their children the precious heritage of pure blood, normal nerves and a healthy mind and body. Moreover, the STRONGFORT principles will show parents their real duty to their children and later on these children, by living according to fundamental natural law upon which Strongfortism is built, will become strong, healthy, magnetic men and women and assure normal children in the next generation.

STRONGFORTISM is the Beacon Light of Hope for all who have strayed from the path.

It will set you right, young man; it will show you how you can do your part in saving civilization and society from decay. You can be the father of strong, sturdy, happy children—no matter what you are now.

You can make your wife happy and enjoy life in its truest sense if you will wake up and be a REAL man. You can never be successful and be a real Father and Husband unless you pull yourself out of the slough of physical failure and fit yourself to become the real man that Nature intended you to be.

LOST MANHOOD RESTORED

Possibly you are the victim of youthful indiscretion and folly; it may be that you have poi-

soned your blood through improper associations. No matter what the cause of your LOST MANHOOD, there is hope for you; you can be a real man—the man your mother expected you to be, the man your wife thought you were, the man your children demand that you become, or the man your sweetheart thinks you are now.

The STRONGFORT method will show you how to live according to Nature's law; you will be developed externally and internally; your blood will be purified and invigorated; your nerves will be vitalized and you will become a specimen of verile manhood.

THOUSANDS OF WOMEN HELPED

And you, young woman, you can do your part and help to win for your children the greatest degree of health and vigor. You can upbuild your body, purify your blood and become strong, vigorous and vital in every way. Then when you are called upon to perform the most important of all earthly duties you will be ready Mentally and Physically.

No matter how far you have sunken below normal—morally, physically and mentally—there is hope for you. The hand of everlasting brotherhood is held out to you by STRONGFORT—the MAN AND WOMAN BUILDER. Do not pass by this opportunity. Determine to do your full duty to yourself and all whom you love and cherish. Grasp this helping hand and let STRONGFORTISM strengthen you and revitalize you in every part. You will be recreated and rebuilt; the destructive effects of youthful errors will be overcome; you will not suffer from bashfulness, super-sensitiveness, poor memory, lack of confidence and perverted imagination, constipation, indigestion, nervousness, catarrh, sexual weakness, vital losses and poor circulation. You will be able to fulfill your duty to your family, to Society and to Civilization and achieve the fruition of your fondest hopes.

YOUTHFUL ERRORS CONQUERED

In connection with the foregoing, I feel impelled to say a few words on a subject that should be discussed much more frankly than heretofore. Thousands of our young men and women are the victims of Masturbation or Self-Abuse and these practices persist in many cases far beyond the age of reason, when the state of manhood and womanhood is achieved. By this

time, it has become something more serious than a mere habit.

It is a most degrading and destructive habit if carried to any extent. It is more often found among males, but many females are guilty of the practice.

This nasty habit is particularly destructive because it is usually practiced in youthful days, when Nature is building the foundation of mental and physical health upon which the future years must rest. Moreover at this period, the moral fibre is being constructed and it is a matter of official record that many young boys and girls who are daily brought before the Juvenile Courts for petty offenses are found to be victims of unnatural sexual practices.

The cause of such moral weakness will be more apparent when it is understood that the Nervous System requires for its maintenance, the constant use of about two-thirds of the entire blood supply. Now the same elements in the blood which are used for nourishing the Nerves and Brain are also found in the Seminal Fluid. Therefore, any sexual excess or abuse of the sexual function will surely steal from the Brain and Nerves their share of these constructive elements. The after-effects are Nervous Disorders and Mental Derangements, and as every organ and every life process is dependent upon rich, pure blood and vital nerve force, every part of the body is effected.

HEALTH AND VITALITY REGAINED

Here, the STRONGFORT methods are wonderfully effective. By building up the general health, the pupil is able to nourish the starved Brain and Nerves. When the nervous system is thus re-built, the pupil is able to develop the degree of Self-Mastery necessary to overcome the habit. Then, by living and exercising according to Natural Law, as fundamentally outlined in STRONGFORTISM, it is possible to entirely eliminate from the mind and body the results of Self-Abuse.

The STRONGFORT methods being natural are effective in cleansing the system of venereal disease as well as relieving vital depletion and general sexual debility.

STRONGFORTISM has saved thousands from the terrible results of devitalizing habits and will do for you what it has done for others.

MADE HAPPY THROUGH STRONGFORTISM

The unsolicited testimonials reproduced here were received from graduates in Strongfortism. These pupils have become real men, and when they become parents, it is certain that their children will be clean-bodied, healthy and vigorous.

In view of the personal nature of the testimonials reproduced it is necessary that they be considered as strictly confidential, hence the necessity for omitting pupils' names.

MANHOOD IMPROVED.

ABLE TO DO A DAY'S WORK AGAIN.

My Dear Mr. Strongfort:

I am glad to state that I am improving and am able to do a full day's work again. My manhood is greatly improved, much more than I expected in such a short time. Thanking you for everything you have done for me, I beg to remain,

Very truly yours,

Nashville, Ark.

DELIGHTED WITH COURSE. DEVITALIZING HABIT OVERCOME. NO DESIRE FOR BAD COMPANY.

My Dear Mr. Strongfort:

Just a few lines to let you know that I am getting along fine. After taking your Course for 5 weeks, my stomach and bowels are improving rapidly and I have lost the desire for the bad habit which I mentioned when I first wrote you. My complexion has improved and I look upon life from a different angle. I have completely lost all desire for fast company and am much better in every way. Assuring you that I am delighted with the Course and thanking you, I am

Yours very respectfully,

Regina, Sask., Canada.

BAD HABIT BANISHED IN 2 WEEKS. VITAL DRAINS AND SEXUAL WEAKNESS RELIEVED.

Dear Mr. Strongfort:

I am rather slow about writing to tell you how your System has helped me. The improvement is simply great. The habit was banished in about two weeks. I will never practice that awful habit again. My catarrh has left me and I am not troubled with night losses. I wish you success in your endeavor to make men out of half-men.

Sincerely yours,

Sharon Hill, Penna.

RELIEVED OF BAD HABIT. GAINED 7 POUNDS.

Dear Mr. Strongfort:

I certainly have benefitted by your Course. I have gained 7 pounds and have gotten over the bad habit I had.

Yours for success,

Detroit, Michigan.

HABIT OF SELF-ABUSE CONQUERED. RELIEVED OF CONSTIPATION.

Dear Mr. Strongfort:

I am pleased with the directions and exercises. If there is anyone who has faith in Strongfortism for health, it is myself. The real cause of my trouble may be the bad habit which I had. I have overcome this and want to thank you for assisting me in doing so. This alone is worth the price of the Course. The constipation is practically all gone and I am not so nervous as I was.

Your pupil,

Woonsocket, Rhode Island.

LIONEL STRONGFORT

Strongfort Institute

NEWARK,

NEW JERSEY, U. S. A.

PARENTHOOD

Are You Fitted for
Its Responsibilities?



"The unborn demand the
heritage of health
and strength"

By

Lionel Strongfort